

## **Oral Health Messages to Share with WIC Clients**

### **Pregnant Women**

- ☐ Get dental care
  - Safe and important for healthy pregnancy
  - 2nd trimester is ideal
- ☐ Practice good oral hygiene
  - Brush twice a day, especially before bed, using toothpaste with fluoride
  - Floss once a day
  - Rinse nightly with OTC alcohol free fluoride mouthrinse
  - After eating, chew gum with Xylitol
- ☐ Eat healthy and nutritious food
  - Limit sugary foods and drinks
  - Drink only fluoridated water between meals
- ☐ Practice other healthy behaviors
  - Attend prenatal classes
  - No tobacco, recreational drugs, or alcohol

### **Children Birth to 5**

- ☐ Don't transfer germs from your mouth to baby's mouth
  - Avoid sharing saliva
  - Keep caregiver teeth healthy with oral hygiene and dental treatment
- ☐ Establish good eating habits
  - Limit sugary snacks to mealtime
  - Drink only tap water with fluoride or milk between meals
  - Only water or non-flavored milk in sippy cup
  - No juice until age one, then limit to no more than 4 to 6 oz. of 100% juice per day
  - Wean off bottle by 12- 14 months
  - Sleep without a bottle or sippy cup

- Practice good oral hygiene
  - Brush twice a day, especially before bed
  - Brush with correct amount of fluoride toothpaste
  - Adult assists with brushing until age 8
  - Lift the lip and look for oral health problems
  - Encourage Brush, Book, Bed routine
- See oral health professional by age 1
  - Use MCO search engines to find KanCare dentists in your area
  - Check for dental screening availability at local developmental screenings



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